## KICKBOX NOW CHOREOGRAPHY TEMPLATE NOV2020

SECTION	ВРМ	DESCRIPTION	COUNTS	TIME
		Prep	32 x 1	15 sec.
		Move 1:	32 x 1	15 sec.
	140	Move 2:	32 x 1	15 sec.
		Move 3:	32 x 1	15 sec.
		Move 4:	32 x 1	15 sec.
TRACK 1 WARM-UP		Transition	32 x 1	15 sec.
Holy		Repeat Moves 1-4	32 x 4	1 min
,		Transition	32 x 1	15 sec.
		Move 5:	32 x 1	15 sec.
		Move 6:	32 x 1	15 sec.
		Move 7:	32 x 1	15 sec.
		Move 8:	32 x 1	15 sec.
		Transition	32 x 1	15 sec.
		Repeat Moves 5-8	32 x 4	1 min
		Transition	32 x 1	15 sec
		Prep	32 x 1	15 sec.
		Move 1:	32 x 2	30 sec.
		Move 2:	32 x 2	30 sec.
	140	Moves 1 & 2:	32 x 2	30 sec.
TRACK 2 Combo 1 R		Move 3:	32 x 2	30 sec.
Look Into My Eyes		Moves 1-3:	32 x 2	30 sec.
		Move 4:	32 x 2	30 sec.
		Moves 1-4:	32 x 6	1 min 30 sec.
		Transition	32 x 1	15 sec.
	140	Prep	32 x 1	15 sec.
		Move 1:	32 x 2	30 sec.
		Move 2:	32 x 2	30 sec.
		Moves 1 & 2:	32 x 2	30 sec.
TRACK 3 Combo 1 L		Move 3:	32 x 2	30 sec.
Hot Stuff		Moves 1-3:	32 x 2	30 sec.
		Move 4:	32 x 2	30 sec.
		Moves 1-4:	32 x 6	1 min. 30 sec.
		Transition	32 x 1	15 sec.
		Prep	32 x 1	15 sec.
TRACK 4 Combo 2 R Take You Dancing	140	Move 1:	32 x 2	30 sec.
		Move 2:	32 x 2	30 sec.
		Moves 1 & 2:	32 x 2	30 sec.

		Move 3:	32 x 2	30 sec.
		Moves 1-3:	32 x 2	30 sec.
		Move 4:	32 x 2	30 sec.
		Moves 1-4:	32 x 6	1 min 30 sec.
		Transition	32 x 1	15 sec.
	140	Prep	32 x 1	15 sec.
		Move 1:	32 x 2	30 sec.
TRACK 5 Combo 2 L Diamonds		Move 2:	32 x 2	30 sec.
		Moves 1 & 2:	32 x 2	30 sec.
		Move 3:	32 x 2	30 sec.
		Moves 1-3:	32 x 2	30 sec.
		Move 4: Moves 1-4:	32 x 2 32 x 6	30 sec. 1 min 30 sec.
		Transition	32 x 0	15 sec.
		Prep	32 x 1	15 sec.
		Move 1:	32 x 2	30 sec.
		Move 2:	32 x 2	30 sec.
TRACK 6		Moves 1 & 2:	32 x 2	30 sec.
Combo 3 R		Move 3:	32 x 2	30 sec.
Midnight Sky	140	Moves 1-3:	32 x 2	30 sec.
		Move 4:	32 x 2	30 sec.
		Moves 1-4:	32 x 6	1 min 30 sec.
		Transition	32 x 1	15 sec.
		Prep	32 x 1	15 sec.
TRACK 7	140	Move 1:	32 x 2	30 sec.
Combo 3 L		Move 2:	32 x 2	30 sec.
Formation vs. WTF		Moves 1 & 2:	32 x 2	30 sec.
(Where They		Move 3:	32 x 2	30 sec.
From)		Moves 1-3:	32 x 2	30 sec.
		Move 4:	32 x 2	30 sec.
		Moves 1-4:	32 x 6	1 min 30 sec.
		Transition	32 x 1	15 sec.
	140	Move 1:	32 x 1	15 sec.
		Move 2:	32 x 1	15 sec.
<b>-</b> D 4 614 6		Moves 1 & 2:	32 x 1	15 sec.
TRACK 8 Power Track		Move 3:	32 x 1	15 sec.
Take What You Want		Moves 1- 3:	32 x 1	15 sec.
		Move 4:	32 x 1	15 sec.
		Moves 1-4:	32 x 3	45 sec.
		Transition  Penest Mayor 1.4 on Left Load	32 x 1	15 sec.
		Repeat Moves 1-4 on Left Lead	32 x 10	2 min 30 sec.
TRACK 9	140	Transition	32 x 1	15 sec.
Combo 4 R		Move 1:	32 x 2	30 sec.

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I Cry		Move 2:	32 x 2	30 sec.
		Moves 1 & 2:	32 x 2	30 sec.
		Move 3:	32 x 2	30 sec.
		Moves 1-3:	32 x 2	30 sec.
		Move 4:	32 x 2	30 sec.
		Moves 1-4:	32 x 6	1 min. 30 sec.
		Transition	32 x 1	15 sec.
TRACK 10		Prep	32 x 1	15 sec.
		Move 1:	32 x 2	30 sec.
		Move 2:	32 x 2	30 sec.
		Moves 1 & 2:	32 x 2	30 sec.
Combo 4 L	140	Move 3:	32 x 2	30 sec.
Pray For Me	ļ	Moves 1-3:	32 x 2	30 sec.
		Move 4:	32 x 2	30 sec.
		Moves 1-4:	32 x 5	1 min 15 sec.
		Transition	32 x 2	30 sec.
		Move 1:	32 x 1	15 sec.
	140	Move 2:	32 x 1	15 sec.
		Moves 1 & 2:	32 x 1	15 sec.
TRACK 11		Move 3:	32 x 1	15 sec.
<b>Power 2</b> Remember		Moves 1- 3:	32 x 1	15 sec.
The Name		Move 4:	32 x 1	15 sec.
me rvame		Moves 1-4:	32 x 3	45 sec.
		Transition	32 x 1	15 sec.
		Repeat Moves 1-4 on Left Lead	32 x 10	2 min 30 sec.
	140	Move 1:	32 x 1	15 sec.
		Move 2:	32 x 1	15 sec.
		Moves 1 & 2:	32 x 1	15 sec.
TRACK 12		Move 3:	32 x 1	15 sec.
Power 3		Moves 1-3:	32 x 1	15 sec.
Put Your Hands Up		Move 4:	32 x 1	15 sec.
rialius Op		Moves 1-4:	32 x 3	45 sec.
		Transition	32 x 1	15 sec.
		Repeat Moves 1-4 on Left Lead	32 x 10	2 min 30 sec.
TRACK 13		,		
Cooldown	60			
Good Job				